



Excerpted from [The Vegan 8](#) by Brandi Doming. Copyright © 2018 Oxmoor House. Reprinted with permission from Time Inc. Books, a division of Meredith Corporation. New York, NY. All rights reserved.

oil free gluten free

Healthy Apple Pie Cookies

My all-time favorite fruit is apples, and I love cinnamon the most when it comes to desserts, so that's the inspiration for these spiced apple pie cookies. Be sure to use freeze-dried apples and not fresh in this recipe. These are mildly sweet since they are meant to be a snack and not an indulgent cookie—they're especially fabulous as snacks in kids' lunches. Check out the desserts chapter starting on page 190 for truly indulgent cookies!

Prep: 15 minutes

chill: 30 minutes

BAKE: 10 minutes

Yields: 12 cookies

1 cup (100g) gluten-free old-fashioned oats, not instant

1 1/2 teaspoons (3g) [ground cinnamon](#)

1/2 teaspoon (1g) [ground allspice](#)

1/4 teaspoon [ground nutmeg](#)

Pinch of fine salt

1 1/2 cups (43g) freeze-dried apple pieces

1 cup (150g) whole raw almonds or preferred nuts

6 tablespoons (120g) pure maple syrup

5 tablespoons (80g) roasted creamy almond butter

1. Add the oats, cinnamon, allspice, nutmeg, and salt to a food processor, and pulse a few times to evenly incorporate the spices. Add the dried apple pieces and almonds, and pulse a few times to break them up into smaller pieces but not into a meal. Add the syrup, almond butter, and 2 tablespoons (30g) water, and process until it comes together in sticky, thick clumps. You will need to stop and break up the mixture and press it back down a few times. It is ready when you can press the mixture together and the mixture is no longer dry and crumbly. Place the processor bowl in the fridge for 30 minutes to firm up a bit before rolling into balls.

2. Preheat the oven to 375°F (190°C). Line a sheet pan with parchment paper.



3. Once chilled, scoop 2 tablespoons of the batter into your hands and roll into balls. If it's still too sticky, chill for another 30 minutes. Place the cookies onto the prepared pan spaced a couple of inches apart. You should get 12. Press each cookie down to 1/2 inch thick.

4. Bake at 375°F for 10 to 15 minutes or until they have a nice golden brown color on top. Bake them less for a chewier texture or longer for a more crisp texture. I bake mine around 12 minutes. Cool them on the pan for 10 minutes, and then transfer to a wire rack to cool completely. They firm up a lot as they cool. Keep any extras sealed in an airtight container or ziplock bag so they don't dry out for up to 3 days.

Nutrition per cookie: 147 calories | 7.4g fat | 4g protein | 18.1g carbs | 3g fiber | 8.5g sugar | 18mg sodium

TIP

Feel free to sub walnuts or pecans for the almonds, if desired. Those nuts have a higher oil content and will make the batter more moist, so you may not need all the water; start by adding just 1 tablespoon. To make these nut free, sub the almonds with raw sunflower seed kernels and the almond butter with sunflower seed butter. This obviously will yield more of a sunflower seed flavor.



from *The Vegan 8* by Brianna
from *Time Inc. Books*

reprinted with permission
all rights reserved.